



Hands and Hearts Activities D

Bamboo Flute

Often in American history, progress had more to do with geography than with the timespan. By the mid-1700s, the areas that were settled first, New England and Virginia, were more established and had more modern conveniences than the other colonies. Other places, such as the backwoods of South Carolina, were still very primitive and in the early stages of being settled.



One popular toy for children in any part of America was the flute, or penny whistle. A child living in a more established colony might enjoy a shiny metal flute, while a child in a rural area would be more likely to play with a homemade flute carved from wood or naturally growing bamboo. You have probably seen pictures of young boys playing metal penny whistles and playing drums while marching with Revolutionary War soldiers.

The flute in your kit is made from bamboo. You will be decorating it with leather and glass crow beads. It is the sort of toy that a child in the backwoods of South Carolina would have played, and is decorated in the Native American style. Many Native American tribes played various types of flutes which were adorned with leather, fur, and/or beads. The glass crow beads in this kit were a very popular trade item and were often used during this time period.

Instructions:

1. Tie each strip of leather on to your flute. The strips should all be attached between the mouth piece and the first finger hole.
2. Thread several beads onto each end of the pieces of leather. Be sure not to cover any of the holes on the top of the flute. You will need to pinch the ends of the leather strip into halves or thirds to fit them through the holes in the beads. Slide the beads up the leather strips. They will stay in place without you having to tie a knot. There are a number of important rules about beads that you should know so that your project will be as authentic as possible.
 - A. The most commonly used colors were red, white, black, light blue, cobalt blue or yellow. Native Americans in the west preferred red, cobalt and white, except for the Cheyenne who preferred pink instead of red.
 - B. Red and Blue were not to be strung together as they were believed to have magical powers. They were usually separated by white or yellow.
 - C. Red and black were not to be strung together because they represented war colors. They were also separated by white or yellow.
3. To play your flute, blow through the mouthpiece. You can make different notes by covering up some of the finger holes. Please remember, this is a toy, not a precise instrument, so you will not be able to play a full scale on this flute.
4. Be sure to put away all of your supplies when you are finished.

Materials Needed

- 1 Bamboo flute from your kit
- 3 strips of leather from your kit
- 1 bag of crow beads from your kit



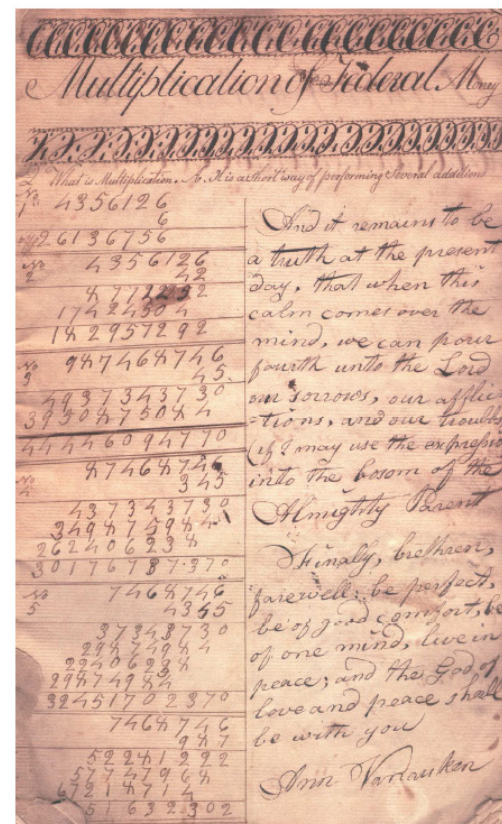
Copybook

As America was being settled, paper was precious and schools (when available) typically had very few resources. Students did some work on slates, similar to a chalkboard, which could easily be erased and reused. Other work was done in copybooks, or small notebooks. Students were required to make their own copybook, and once they were made, students were very careful not to waste the paper. Every bit of space was used; the pages were divided into columns and rows. Copywork might be done on one part of the page and math problems were done in the margins. Students took great pains to write beautifully and do careful work since they did not have a way to erase mistakes or replace pages. In fact, there is a phrase, “blotting one’s copybook,” which comes from making any mistake that would linger as part of your reputation!

Your kit contains a reproduction of an actual copybook page from 1797 written by a girl named Ann Butler. She used part of her copybook to do her actual schoolwork. In other parts of her copybook she copied information such as her multiplication tables, a chart of useful measurements, etc. These books were meant to be kept and referred to again and again.

Materials Needed

- The sheets of parchment paper included in this kit
- Sinew and harness needle included in this kit
- A white feather from this kit
- A small bag of brown powdered ink from this kit
- Your own container that includes a lid
- Your own spoon
- Your own cutting board and knife (have an adult help you with this)



Ann Butler's Copybook.

Instructions:

Instructions on How to Make the Copybook

1. We will make the copybook first. Stack the sheets of parchment neatly and fold them in half. Crease the fold sharply.
2. From your kit, remove your sinew and harness needle. Sinew, made from animal ligaments, was used in many ways by the Native Americans as well as the Europeans. You will be using artificial sinew to sew your copybook together. The sinew will split into thinner sections.
3. Thread you harness needle with you sinew. If the sinew will not fit through the eye of the needle, split off a tiny bit at a time until it fits.
4. You are going to sew up the spine of the book using a backstitch. Sew all stiches straight on the crease (or spine) of the paper. Push your needle through the parchment and tie the sinew in a double knot.
5. Make two stiches as shown, coming back up, than going back down.
6. Bring the needle back up into the hole made by the start of the previous stitch.
7. Bring the needle forward past the end of the last stitch and then go back down.
8. Continue sewing in this manner. When you look at the inside of the book, you should see a row of stiches all touching each other. When you look at the outside, the stiches will overlap each other. When you reach the end of the spine, make a knot in the last stich as shown.

Instructions on How to Make the Pen and Ink

1. To make your ink, simply pour the powered ink into a small container and add a few drops of water at a time. Use your spoon to stir until the mixture is a good consistency. If it is too thick, add more water to thin the mixture a little more. It is best to use a container that has a lid so you can save your ink.
2. To make your pen, place one of the white feathers on a cutting board. Have an adult use a sharp knife to cut the quill at an angle.
3. Dip the feather into the ink and write. When the ink runs low, dip the feather again. You will need to dip it frequently. Try practicing on a scrap

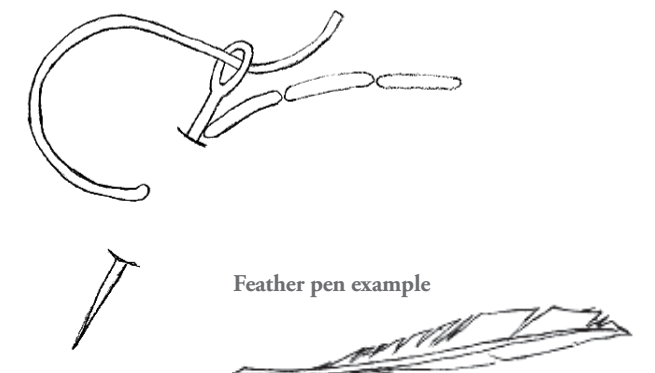
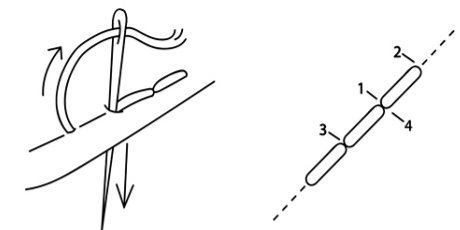
of paper before writing in your copybook. Be sure to allow the ink to dry before closing your book.

To use the Copybook

The next step is to use the ink and feather pen and actually write in your copybook. You will need to decide whether to do this now or save it for another time. You will also need to decide what you will write.

You might want to try doing a full day's schoolwork in your book, or you may want to turn your copybook into a journal, a collection of poems, or pretend you are an explorer or pioneer and write from that point of view. On their journey to explore the Louisiana Purchase, Lewis and Clark carried journals where they recorded the details of their journey and information about the new plants and animals they encountered. Perhaps, you too, might want to use this book as a nature journal.

How to sew you copybook examples



Marbles

Marbles is a popular game that has been played for centuries. Both Native American and Colonial children played with marbles. Some marbles were made out of clay or stone. By the time of Westward Expansion, glass marbles were far more common because of mass production.



Here you will find instructions for the most basic and common way of playing marbles; if you enjoy playing, you can research other ways to play.

Native American children enjoyed racing marbles down slanted boards. Place a stiff piece of cardboard or a wooden board against a box, chair, stack of books, or whatever is handy, and see which marble wins.

Materials Needed

- The marbles from your Kit

Instructions:

1. Draw a circle in the dirt or sand with a stick, on the sidewalk or driveway with chalk, or make a circle out of string on your floor. The circle should be a little larger than a dinner plate. If there are a lot of children playing, you may need to make your circle larger.
2. Select one marble as your shooter. Sometimes shooters were larger than the others or sometimes they were a favorite color. The important thing to remember is that you can tell the shooter apart from the other marbles.
3. Put the rest of the marbles in the circle. Hold the shooter in the crook of your pointer finger and use your thumb to flick in into the circle. Don't let your hand touch the line of the circle.

4. The goal of the game is to knock as many marbles out of the circle without your shooter going outside the circle. If you shooter goes out of the circle, pick up the knocked-out marbles and place them back in the circle. How many tries does it take before you get all of the marbles out of the circle?
5. If you want to play with someone else, take turns using the shooter, and see who has the most marbles at the end of the game.



Panning for Gold

People moved west for many reasons. Some wanted to explore a new frontier. Others were working for the highly profitable fur trade. The desire for land and a fresh start were also common motivations. When gold was found at Sutter's Mill in 1849, many people rushed to California, in hopes of making their fortunes.



Gold was often found by panning or by sluicing, which is like panning with a long wooden trough. Even today there is gold to be found all over America and panning is an activity enjoyed by many.

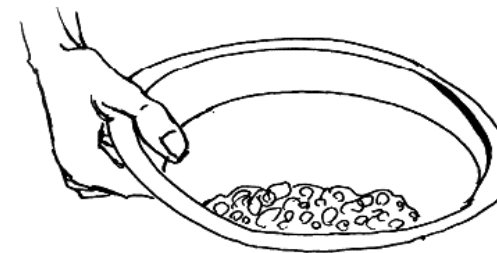
You will learn panning techniques using bits of gold-colored metal so you don't have to worry about making a mistake and losing your gold.

Materials Needed

- The metal pan from your kit
- Fools gold from your kit
- Ball Bearings from your kit
- The bags of sand and rock mix from your kit
- Water
- Your own small tub or large bucket

Instructions:

1. Water is essential for gold panning. If you pan into a plastic tub or large bucket, you can re-use your sand mix and pan multiple times. (Another option is to use a pitcher of water and pan outside onto the ground. If you do this, you will only be able to pan once with each bag.) **Do not pan into a sink or bathtub** unless you have permission and use a piece of cloth to cover the drain to keep everything from going down the drain when water is let out!



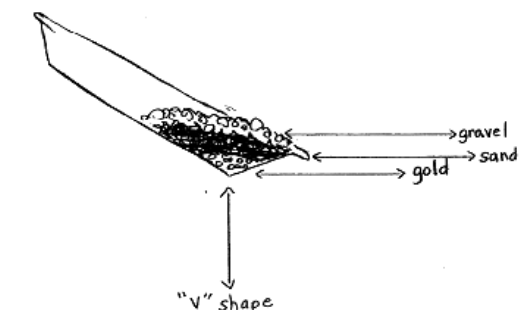
2. Pour the bag of sand into the pan with the ball bearings and fools gold and mix. If you are using a tub, fill it with water. Dip the pan into the tub and scoop up some water—enough to cover all of the sand mix completely.

3. Hold the pan so that if you looked at your pan from the side, the lowest angle created by the side and bottom of the pan will form a “v” shape. Shake it back and forth.

4. As you continue to shake the pan, tip it over the tub, and shake the water out. Use enough force that the water carries out some of the larger pieces of rock, but not so much force that the entire pan is emptied.



5. Continue to scoop up water and shake it out. Each time the water will carry out more of the rocks and sand. If you have a few pieces of large rock that are not coming out easily, you can pick them out by hand. The key is to use a lot of water. Let the water do the work for you!



6. Eventually all of the rocks will be gone and the sand will start to wash out. If you are holding your pan correctly with the “v” shape, and using lots of water, you should be able to wash out all of the sand, leaving only the gold and ball bearings behind. At the end are you left with 3 gold pieces and 8 ball bearings, or did you pan some out with the rocks?

7. If you are using a tub of water, you can try panning again. This time it might be fun to scoop up the sand, rocks, and gold along with the water.

8. Be sure to put away all of your supplies when you are finished.